

St. Joseph's  
Healthcare & Hamilton  
**ATRC Family Education Group**  
*\*A family member only group\**



- Do you have a family member with an anxiety disorder?
- Are you looking for more information to help care for your family member?
- Are you 18 years of age or older?
- Is your family member currently receiving treatment at the ATRC or waiting to be seen?

If you answered **YES** to these questions, we invite you to attend the **Anxiety Treatment and Research Centre's family education group.**

The ATRC recognizes that an anxiety disorder affects not only the *individual* but also the family. The **purpose** of this educational group is to provide a friendly and safe group opportunity to connect and educate family members on the symptoms, treatments, medications, community resources and coping strategies for individuals with anxiety disorders.

**When:** Tuesday, December 14<sup>th</sup>, 4:00-5:30pm  
**Where:** **Zoom- this session is being offered virtually via secure video platform**



**SCHEDULE:**

4:00-4:15pm	<b>Introductions and Welcome</b>
4:15-5:00pm	<ul style="list-style-type: none"> <li>• <b>Answers to family members' questions about ATRC services</b>  <i>What does the ATRC do?</i>  <i>What's involved in Cognitive Behaviour Therapy (CBT) for different anxiety disorders?</i>  <i>What are additional services available after treatment, at the ATRC, St. Joe's and Community?</i></li> </ul>
5:00-5:30pm	<ul style="list-style-type: none"> <li>• <b>Open discussion</b>  <i>ATRC clinicians will answer your questions about your loved one's treatment, anxiety disorders and available resources for you and your loved one at West 5th</i></li> </ul>

**Please register by Monday December 13th, 2020**  
**Register by calling 905 522-1155. ext 35377**

Questions? Call Jennifer Robinson, RSW 905 522-1155 ext. 39861